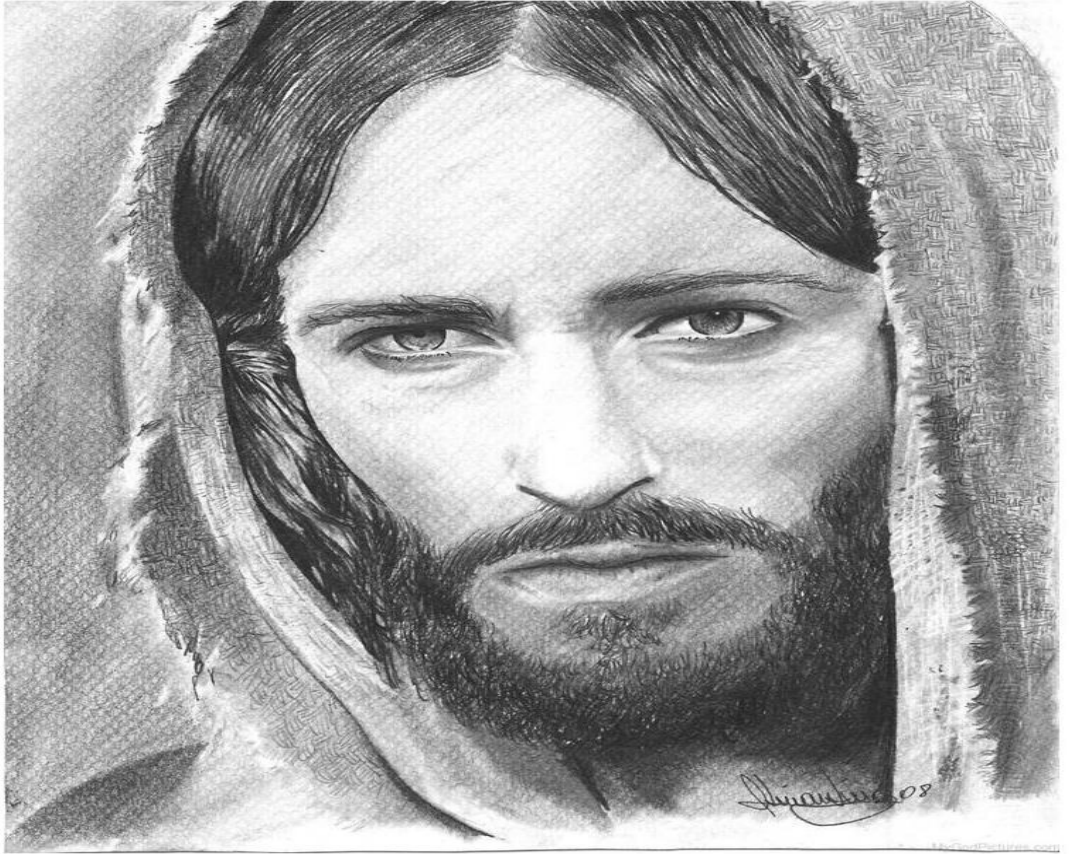


**Do Not
Be Afraid**



**I Am Always
With You**

**Jesus Is Always with Us
Especially When We're Afraid**

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Introduction

I wrote this little book for a very special girl I know who is sometimes afraid. I'm not going to mention her by name, but she knows who she is. I know she doesn't like to be afraid, but sometimes all of us are afraid, even though none of us want to be afraid. Things happen in our lives and before we know it we're afraid. It doesn't feel good to be afraid. None of us like feeling afraid.

This little book is for her to use with her mom and dad.

I hope there are some things in this book that help her understand why we become afraid and what we can do when we're afraid. I hope this book helps her to not be so afraid and when she is afraid to understand what she can do to help herself and maybe by doing so to be able to help others.

Being Afraid

Sometimes being afraid can help us. When we're walking across the street and see a car coming at us really fast, being afraid helps us get out of the way before we get hurt. When we're around someone who wants to hurt us, being afraid can help us stay away from them. When someone tries to get us to do something dangerous, being afraid can help us make the right choice. Being afraid can be a good thing.

There are times when almost all of us get afraid. A lot of us get afraid in the dark because we can't see what's around us and we often imagine there are things in the dark that can hurt us. Sometimes when we're around people we become afraid they're not going to like us and say bad things about us or be mean to us. Being lonely can make us afraid. Sometimes we're afraid that we're not going to do well in school, or in music or sports, or in something we want to do well in. Most of us get at least a little afraid when we or someone we love gets sick. There are also times we don't make the right choices and we feel guilty and ashamed. Sometimes we're afraid the people we love won't love us if they find out what we did or didn't do. And, it can be very scary when someone we love dies and we don't know what's going to happen to them or us.

There are also those times when we're just afraid and we don't even know why we're afraid. Those are some of the scariest times for a lot of people; to be afraid and not even know why.

Even though we don't like it, being afraid is part of who we are. Sometimes it's good. Sometimes it's bad. Sometimes we're just afraid.

Not just little girls get afraid; at times all of us get afraid.

I can remember things I was afraid of when I was little. There were a lot of things I was afraid of. Now I'm a grown man and getting old. Some of the things I was afraid of when I was little I'm no longer afraid of. There are others things I've always been afraid of. And, as I grow older, every once in a while there's something

new I was never afraid of before.

What We Can Do When We're Afraid

People often want to do something to make their fear go away, but sometimes trying to make it go away makes it even worse.

Here are a few things that help me when I'm afraid.

First, when I get afraid I tell myself to breathe. It might seem odd to tell yourself to breathe because we usually breathe without thinking about it; however, the kind of breathing I tell myself to do is the breathing that happens when you take a nice deep breath and let it out nice and slow. Sometimes I breathe in through my nose and out through my mouth. Sometimes when we're afraid we take short, shallow, quick breaths that make us even more afraid. There's something about nice, deep, easy breathing that helps me calm down and be less afraid.

Second, when I feel afraid I tell myself that even though I don't like feeling afraid it's alright to be afraid, that everyone feels afraid sometime.

Third, I try to understand where my fear is coming from; whether I'm in danger, doing something bad, not thinking people love me. Sometimes I can understand why I'm afraid and change something I'm doing to make it better.

Fourth, sometimes I tell the people I know love and care for me that I'm afraid. Often it helps just to tell someone about it and know there are people who love and care for me even when I'm afraid.

One of the most important things that helps me when I'm afraid is to remember that Jesus is with me, especially when I'm afraid. When I'm afraid and the fear won't go away, I listen for Jesus. Jesus says to me, "Don't be afraid. I'm with you and will always be with you. I love you and I'll bless you with what you need to get through this scary time."

If you read the Bible it's not only Jesus that says "Don't be afraid. I'm with you and will always be with you. I love you and I'll bless you with what you need to get through this scary time." but God. That's the most important thing God wants us to know. "Don't be

afraid. I'm with you and will always be with you. I love you and I'll bless you with what you need to get through this scary time."

The people in the Bible were often afraid just like us. When they were afraid, often God would say to them, "Don't be afraid. I'm with you and will always be with you. I love you and I'll bless you with what you need to get through this scary time."

The most important thing to know when we're afraid is that Jesus and God are with us, loving and caring for us. When we listen for Jesus' voice and trust he's with us – in our hearts and minds – it can help us when we're afraid. While listening for Jesus' voice and trusting he's with us might not take away our fear, it can help us calm down, do what we need to do, and be at peace even though we might still be afraid.

People in the Bible Who Were Afraid

Sometimes when I'm afraid I think of people in the Bible who were also afraid and how they managed their fear.

One of my favorite stories is when the angel Gabriel came to Mary, Jesus' mother, in the middle of the night to tell her she was going to have a baby and the name of the baby would be Jesus. When Mary heard this she was afraid! She was only a teenage girl and wasn't even married. She was afraid of what was happening to her, of what her parents would say and do, of what her fiancé, Joseph, would do, and of what all the people would say about her. She was afraid!

However, "The angel said to her, "Do not be afraid, Mary, for you have found favor with God." (*Luke 1:30*) God is with you, Mary. God loves you and will bless you with what you need to get through this scary time. And God did bless Mary, not just then, but her whole life. Mary learned to trust that God was with her and would bless her with whatever she needed to get through all the scary times in her life and God did.

Joseph, Jesus' dad, was also afraid. He was afraid of what was going on with Mary. He couldn't understand how she could be pregnant. He still loved her and was afraid of losing her, but he was also afraid of what people would say about him if he married her even though the child she carried was not his.

An angel of the Lord appeared to Joseph in a dream and said, "Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. (*Matthew 1:20*) The angel reminded Joseph that God was with him and would bless him with whatever he needed to get through the scary times in his life and God did.

I imagine when Jesus grew up and finally realized what God was calling him to do it had to be kind of scary. God was calling him to go and talk to people about God, lots of people. God was also calling him to love, forgive and heal people. Wow! That's a lot to do

and Jesus must have been afraid of how he was going to do it.

When Jesus was baptized, he heard a voice from heaven say, “You are my Son, the Beloved; with you I am well pleased.” (*Mark 1:11*) That was God’s way of promising Jesus that God would always be with him and bless him with whatever he needed to get through the scary times in his life and God did.

The very first thing Jesus says in the Bible is, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.” (*Mark 1:15*) The most important thing Jesus did was to tell people God was with them and would bless them with whatever they needed to get through the scary times in their lives and God did. It was very good news for people who were afraid.

Jesus reminded people who no one loved, people who were ashamed and guilty, people who were sick and sad, and people who were just afraid, that God was with them and would bless them with whatever they needed to get through the scary times in their lives and God did.

One of my favorite stories is when Jesus’ friends were on a boat on the Sea of Galilee. It was night and a storm came up. They all thought the boat was going to sink and they would die. Jesus was asleep in the boat. Finally, they awakened him and cried out, “Lord, save us! We’re dying!”

Jesus asked, “Why are you afraid?” and he calmed the storm.

Do not be afraid. God is with you and will bless you with whatever you need to get through the scary times in your lives and God did.

Jesus knew after he had died and risen that his friends would be afraid when he left them to go and be with God. Before he left, he said, “Remember, I am with you always...” (*Matthew 28:20*)

When I’m afraid, it helps me to take a few deep breaths and to remember Jesus is always with me – in my mind and in my heart – blessing me with whatever I need to get through the scary times in my life. Doing this almost always helps me calm down, do what I need to do, and be at peace even though I might still be afraid.

There are times when we're all afraid; I don't think those times ever completely go away. It's just who we are. I pray when those times come for you that you might remember that Jesus is always with you – in your mind and in your heart – blessing you with whatever you need to get through the scary times in your life.

When You're Afraid Do This

When you feel yourself becoming afraid, focus on your breathing. Breathe in nice and slowly through your nose. Hold your breath for a moment. Breathe out through your mouth. Do that for a few minutes. This will often help you relax and calm down. Sometimes it even takes away the fear.

Say to yourself, "Jesus, I know you're with me in my heart and mind. I know you're always with me, especially when I'm afraid. I know you've blessed me with your Spirit. Please bless me with a calm heart and clear mind, also.

Spend another minute or so just breathing those nice, slow breaths.

Now, ask yourself why you're afraid. Is it something you have control over or can change or is it out of your control?

If it's something you can control or change, think of what you can do and take a step in that direction. Do something and then come back to your breathing.

Is there something else you can do? Do it!

If it's out of your control, recognize that and put it in God's hands.

It can also help to remember that everyone gets afraid at times. You might want to read "Being Afraid", or one of the stories about "People in the Bible Who Were Afraid", or one of the "When You're Afraid Devotions", or one of the "Bible Verses for When You're Afraid". All of these are reminders that Jesus is always with us, but especially when we're afraid.

Pray the following prayer:

Jesus, I know you're always with me – in my heart and mind – and have promised to bless me with all I need to get through the scary times in my life. This is one of those scary times. I'm afraid and I need your help. Help me to trust your promises and to be blessed with a calm heart and clear mind so that I can serve you. Replace my fear with faith, hope and love. Amen.

When You're Afraid Devotions

Adam and Eve

Hagar

Isaac

10 Lepers

Mary and Martha

Adam and Eve (Genesis 3) – God is with us when we're guilty and ashamed.

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?"

The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'"

But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves. They heard the sound of the LORD God walking in the garden at the time of the evening breeze, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.

But the LORD God called to the man, and said to him, "Where are you?"

He said, "I heard the sound of you in the garden, and I was afraid, because I was naked; and I hid myself."

God said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?"

The man said, "The woman whom you gave to be with me, she gave me fruit from the tree, and I ate."

Then the LORD God said to the woman, "What is this that you have done?"

The woman said, "The serpent tricked me, and I ate."

There's a story in the Bible about Adam and Eve. They were the first people. God put them in a very beautiful garden where they had everything they needed: a beautiful place to live, nice weather every day, lots of good food, animals that liked them, each other, and especially God's love.

There was only one rule Adam and Eve had to obey. God said they could do anything they wanted except touch the tree in the middle of the garden. They were supposed to stay away from that. God said if they even touched it they would die.

Adam and Eve were stubborn. They didn't want anyone to tell them what to do, not even God, so they touched the tree and ate the fruit that grew on it. They thought they were being smart, but after they did it they knew they were wrong. They felt guilty and ashamed. They were afraid of what God was going to do to them.

That evening when God came to walk with them they hid from God because they were afraid. Well, you can't hide from God because God knows everything.

When God found them they were afraid God was going to kill them because they had eaten the fruit of the tree, but God didn't kill them. Instead God forgave them because God loved them.

We all do wrong things and when we do we often feel guilty and ashamed. We're afraid of people being mad at us or punishing us.

When we feel guilty and ashamed, God and Jesus come looking for us not to hurt us, but to love and forgive us and help us do the right thing. The next time you're afraid because you're guilty and ashamed remember that God and Jesus are with you, loving you, forgiving you and helping you to do the right thing.

Prayer

Jesus, I'm feeling guilty and ashamed because I did something wrong. Help me remember you're with me and still love me and forgive me. Help me to do the right thing now and trust that others will also love and forgive me even when I do wrong things. Amen.

Hagar (Genesis 21) – God is with us when we’re afraid of what might happen.

So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba. When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, “Do not let me look on the death of the child.” And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, “What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him.” Then God opened her eyes and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink. God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

There was a mother named Hagar who got kicked out of Abraham’s camp because Sarah, Abraham’s wife, was jealous of her and afraid of her son, Ishmael. Hagar was Abraham’s servant but she had given birth to Abraham’s oldest son, Ishmael. Sarah was afraid that Ishmael was going to be Abraham’s favorite son, not Isaac, who was her son by Abraham; so Sarah made Abraham kick them out of the camp.

Being kicked out of camp meant Hagar and Ishmael would probably die in the desert. Hagar was afraid. God came to Hagar and told her to not be afraid; that God would be with her and Ishmael and keep them safe.

God did and eventually Ishmael became the leader of a great

people.

God is with us when we're afraid of what might happen and God reassures us that God will always be with us and, no matter what might happen, God will make things work out.

Prayer

Jesus, I'm afraid of what might happen. I can't tell for sure what's going to happen and that makes me afraid. Help me trust you are with me and will make everything work out. Amen.

Isaac (Genesis 26:18-33) – God is with us when we’re afraid of what others might do to us.

Isaac dug again the wells of water that had been dug in the days of his father Abraham; for the Philistines had stopped them up after the death of Abraham; and he gave them the names that his father had given them. But when Isaac’s servants dug in the valley and found there a well of spring water, the herders of Gerar quarreled with Isaac’s herders, saying, “The water is ours.” So he called the well Esek, because they contended with him. Then they dug another well, and they quarreled over that one also; so he called it Sitnah. He moved from there and dug another well, and they did not quarrel over it; so he called it Rehoboth, saying, “Now the LORD has made room for us, and we shall be fruitful in the land.” From there he went up to Beer-sheba. And that very night the LORD appeared to him and said, “I am the God of your father Abraham; do not be afraid, for I am with you and will bless you and make your offspring numerous for my servant Abraham’s sake.” So he built an altar there, called on the name of the LORD, and pitched his tent there. And there Isaac’s servants dug a well.

Then Abimelech went to him from Gerar, with Ahuzzath his adviser and Phicol the commander of his army. Isaac said to them, “Why have you come to me, seeing that you hate me and have sent me away from you?” They said, “We see plainly that the LORD has been with you; so we say, let there be an oath between you and us, and let us make a covenant with you so that you will do us no harm, just as we have not touched you and have done to you nothing but good and have sent you away in peace. You are now the blessed of the LORD.” So he made them a feast, and they ate and drank. In the morning they rose early and exchanged oaths; and Isaac set them on their way, and they departed from him in peace. That same day Isaac’s servants came and told him about the well that they had dug, and said to him, “We have found water!” He called it Shibah; therefore the name of the city is Beer-sheba to this day.

Isaac, Abraham and Sarah's son, went to a valley and made camp. They needed water so they dug a well, but some men came and took it from him.

He moved again and dug another well, but the same thing happened.

Isaac was afraid and he didn't know what to do. God came and said, "I am the God of your father Abraham; do not be afraid, for I am with you and will bless you and make your offspring numerous for my servant Abraham's sake."

Isaac dug another well and this time when the men came they talked and decided to live in peace with each other. They didn't take Isaac's well.

Sometimes people are mean to us and we get afraid that everyone is going to be mean to us; but, there are good people too and they'll always show up if we're patient.

Prayer

Jesus, it really hurts when people are mean and sometimes I get afraid that everyone is going to be mean to me. Please help me trust there are people like you, people who love and care for me and help me to see all those people in my life. Amen.

10 Lepers (Luke 17:11-19) – God is with us when we’re sick.

On the way to Jerusalem Jesus was going through the region between Samaria and Galilee. As he entered a village, ten lepers approached him. Keeping their distance, they called out, saying, “Jesus, Master, have mercy on us!” When he saw them, he said to them, “Go and show yourselves to the priests.” And as they went, they were made clean. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice. He prostrated himself at Jesus’ feet and thanked him. And he was a Samaritan. Then Jesus asked, “Were not ten made clean? But the other nine, where are they? Was none of them found to return and give praise to God except this foreigner?” Then he said to him, “Get up and go on your way; your faith has made you well.”

Jesus was on his way to Jerusalem when he met 10 lepers on the road. Lepers could not go near people because people thought if they got close to a leper they would get sick like the leper. The lepers cried out from a distance, “Jesus, master, have mercy on us.” Jesus heard their cries and healed them. Jesus has blessed us with doctors, nurses, counselors, pastors and many others who have the power to heal us when we’re sick. Jesus promises that when we’re sick he is with us to heal us and make us whole.

Prayer

Jesus, I’m feeling really sick and being sick makes me afraid. Please be with me and remind me that you and the people you’ve blessed me with have the power to heal me. Amen.

Mary and Martha (John 11:1-45) – Jesus is with us when others die.

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him." Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again."

Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world." When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died."

When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?" Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."p

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

Lazarus, one of Jesus' best friends, became very sick. Before Jesus could get there to help him, Lazarus died.

Lazarus had two sisters: Mary and Martha. They were very sad when Lazarus died. They were afraid they would never see him again. They cried a lot.

When Jesus came and saw Mary and Martha crying he, also, began to cry. Jesus loved Lazarus and Mary and Martha very much and it made him sad that Lazarus had died and to see how sad Mary and Martha were. Jesus cried a lot.

Jesus knows how sad we feel when someone we love dies. Jesus knows we're afraid we'll never see them again.

Then something amazing happened. Jesus gave Lazarus back his life and everyone was happy, especially Lazarus, Mary and Martha.

Jesus promises us that when we die he will be there to take us home to be with him, God, and all the other people who have died in a place where we're happy all the time. Because Jesus promises this, when people we love die, we can be happy for them and us even though we're also very sad.

Prayer

Jesus, you know how sad I get when someone I love dies and how afraid I am that I'll never see them again. Help remember you have promised to take them to be with you in a place where they'll be happy all the time. Help me to remember that someday when I die, you'll also be there to take me home to be with you and all the people I have loved. Amen.

Bible Verses for When You're Afraid

Genesis 15:1

After Sodom and Gomorrah were destroyed, Abraham (the spiritual father of Jews, Christians and many others) was afraid of what might happen next. God reassured him that he would be with him and protect him:

After these things the word of the LORD came to Abram in a vision, "Do not be afraid, Abram, I am your shield; your reward shall be very great."

God promises to always be with us and protect us no matter what happens.

Genesis 21:17

After Abraham kicked Hagar out of their camp and sent her and Ishmael to wander in the wilderness, she was afraid of what would happen to her and her son. God heard Ishmael crying. An angel of God reassured Hagar:

"What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is."

God hears us when we cry and reassures us that He is with us.

Genesis 26:24

Isaac was afraid of the people around him because they kept taking his wells from him. God told him he didn't need to be afraid because He would be with him and bless him with all he needed.

And that very night the LORD appeared to him [Isaac] and said, "I am the God of your father Abraham; do not be afraid, for I am with you and will bless you and make your offspring numerous for my servant Abraham's sake."

God promises to be with us when we're afraid of how we're going to get along with others.

Genesis 46:3

Jacob was afraid to go to Egypt because the Egyptians were powerful and he was afraid they would harm him and his family.

God reassured him:

“I am the God, the God of your father; do not be afraid to go down to Egypt, for I will make of you a great nation there.”

God promises to be with us when we feel threatened by and afraid of others.

Numbers 21:34

Moses was afraid a powerful king would kill him and his people when God told to enter the king's kingdom. But the Lord said to Moses:

“Do not be afraid of him; for I have given him into your hand, with all his people, and all his land.”

God promises to be with us when we feel threatened by and afraid of others.

Joshua 11:6

Joshua was afraid that a mighty king and his army would destroy him and God's people, but the Lord said to Joshua,

“Do not be afraid of them...”

God promises to be with us when we feel threatened by and afraid of others. Have you noticed how often we feel threatened by and afraid of others?

1 Chronicles 28:20

Solomon, King David's son, was afraid to be the King of Israel.

David reassured him that God would be with him.

“Be strong and of good courage, and act. Do not be afraid or dismayed; for the LORD God, my God, is with you. He will not fail you or forsake you, until all the work for the service of the house of the LORD is finished.”

God promises to be with us when we are afraid of having to lead others.

Proverbs 3:25-26

The author of Proverbs reminds us that when we panic or bad things happen, God will be with us.

Do not be afraid of sudden panic, or of the storm that strikes the wicked; for the LORD will be your confidence and will keep your foot from being caught.

God promises to be with us when we panic or are afraid when storms sweep through our lives.

Isaiah 41:10

Isaiah was afraid when he had to lead God's people. God reassured him:

Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.

Again, God promises to be with us when we feel threatened by and afraid of others.

Jeremiah 42:1

Jeremiah was certain God's people were going to be totally destroyed by the king of Babylon. God reassured him:

Do not be afraid of the King of Babylon, as you have been; do not be afraid of him, says the LORD, for I am with you, to save you and to rescue you from his hand. I will grant you mercy, and he will have mercy on you and restore you to your native soil.

And again, God promises to be with us when we feel threatened by and afraid of others.

Matthew 1:20

Joseph was afraid to marry Mary when he found out she was pregnant and he had never been with her. God reassured Joseph that he would be with him, Mary and the child to be born:

An angel of the Lord appeared to Joseph in a dream and said,

“Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit.”
God promises to be with us when we're afraid of complicated and embarrassing situations in which we might find ourselves.

Matthew 10:29-31

Sometimes we're afraid no one cares about us. Jesus reassures us God does.

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.

God promises to be with us when we feel worthless or like no one cares for us.

Mark 6:50

Jesus' disciples are in a terrible storm and think they're going to die. Jesus comes to them to remind them that he is with them even in the midst of the storms that threaten their lives.

But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

God promises to be with us in the midst of all life's storms.

Luke 1:13-14

When Zechariah, who was very old, heard that his wife, Elizabeth, who was also very old, was going to have a baby, he was afraid because he didn't understand how that could be. An angel of the Lord reassured him:

“Do not be afraid, Zechariah, for your prayer has been heard. Your wife Elizabeth will bear you a son, and you will name him John. You will have joy and gladness, and many will rejoice at his birth...”

God promises to be with us when we feel confused and afraid.

Luke 1:30

*When Mary discovers that she's pregnant she is very afraid. An angel of the Lord said to her,
"Do not be afraid, Mary, for you have found favor with God."
God promises to be with us when we're afraid and confused about strange things that happen in our lives.*

Luke 2:10-11

*When the angel came to the shepherds keeping watching over the sheep in field, they were very afraid. Then the angel said to them,
"Do not be afraid; for see – I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord."
God promises to be with us when we have amazing, yet frightening experiences.*

Luke 5:10

*"When Jesus helped Peter and his men catch so many fish the boats were beginning to sink, Peter became afraid of what was happening. Jesus said to him,
"Peter. Do not be afraid; from now on you will be catching people."
God promises to be with us when we have amazing, yet frightening experiences.*

Luke 12:32

*"When Jesus' friends were worried and afraid about many things, Jesus said,
"Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom."
"God promises to be with us when we're worried and afraid.*

John 12:15

*"The people of Israel were often afraid of what was going to happen to their nation. Jesus said,
"Do not be afraid, daughter of Zion. Look, your king is coming,*

sitting on a donkey's colt!"

God promises to be with us when we're uncertain about the future.

Acts 18:9-10

"There was a time when Paul, a faithful follower of the Lord, was afraid to tell people about Jesus. The Lord said to Paul in a vision, "Do not be afraid, but speak and do not be silent; for I am with you, and no one will lay a hand on you to harm you, for there are many in this city who are my people."

God promises to be with us when we're uncertain and afraid of what's going to happen.

Acts 27:24

"There was a time when Paul was going to have to speak before the king and he was very afraid and so were the men traveling with him. An angel of the Lord said to Paul,

"Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you." [Paul said to the men traveling with him.] So keep up your courage, men, for I have faith in God that it will be exactly as I have been told."

God promises to be with us when we're afraid about taking a stand for something that's important.

Revelation 1:17-18

"In the very last book of the Bible, a book that is about the end of time, Jesus says,

"Do not be afraid; I am the first and the last, and the living one. I was dead, and see, I am alive forever and ever; and I have the keys of Death and of Hades.

God promises to be with us when we're afraid about the day we will die and the day when all this will be gone.

**Jesus Is Always With Us
Especially When We're Afraid**